

Cauliflower & Goat Cheese Soup
Recipe by Chef Jill Mathias
Chez Nous, Charleston, SC
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Serves: 6

INGREDIENTS:

2 heads cauliflower, about 2 lbs., cored and chopped
1/2 cup chopped yellow onion
4 quarts water or chicken stock*
2 Tbs. kosher salt
1 bay leaf
1 1/2 cups heavy cream
2 Tbs. unsalted butter
1 cup crumbled goat cheese
Kosher salt
White pepper

For the Golden Raisin & Pistachio Mostarda:

1 1/2 cups golden raisins
1/4 cup sugar
3/4 cup water
1/2 tsp. dry mustard
1/4 cup white wine
1 pinch crushed red pepper flakes
1 bay leaf
1/4 cup toasted pistachios, chopped
1/3 cup extra-virgin olive oil

DIRECTIONS:

Place the cauliflower, onion, chicken stock, salt, and bay leaf in a stockpot and bring to a boil over high heat. Reduce heat to medium and simmer until cauliflower is tender, 35 to 40 minutes. Stir in cream, butter, and cheese and simmer for 10 more minutes. Discard bay leaf. Working in batches, purée the soup in a blender until smooth. Season to taste. Garnish with the mostarda.

For the Golden Raisin & Pistachio Mostarda:

Combine raisins, sugar, water, mustard, wine, red pepper flakes, and bay leaf in a saucepan and simmer over low heat until slightly thickened, about 20 minutes. Remove bay leaf. In a separate bowl, combine the pistachios and olive oil. Stir into the raisin mixture. Cool. Place a teaspoonful on top of each bowl of cauliflower soup and serve.

*I used 4 cups of chicken stock as I thought 4 quarts was a misprint based on another cream of cauliflower soup that I make.